

Butternut Squash

Look:

Butternut Squash has a rich, tan rind that is hard and has a long neck that goes into a bell-shape end. The flesh is golden orange. They have a small seed cavity in the bulbous end.

Taste:

Butternut Squash tastes subtly sweet, nutty, and earthy like a milder, less sugary mix of sweet potato and pumpkin.

Touch:

The butternut Squash rind is smooth and the flesh inside is firm and crunchy when raw.



Butternut Squash is botanically a fruit, but is considered a vegetable in cooking



Did you know?

Butternut Squash seeds can be roasted like pumpkin seeds for a healthy snack!



Health Benefits

Fiber	Vitamin A	Vitamin C	Potassium
Digestion	Eye Health	Immune Health	Heart Health